



WHO ARE WE?

Freedom Recovery Centre was called to life to give support to Parents and Families suffering the pain and devastating consequences of drug- and alcohol abuse in South Africa.

Furthermore we are committed to the provision of a long-term rehabilitation centre in the heart of the Gauteng Province, where lost and addiction-tired substance abusers can find treatment and a new life! We are not only committed to save the person from addiction, but also would like to educate him/her in important life skills.

Lastly, FRC is also committed to drug prevention campaigns and is educating scholars, parents and family members on a regular basis regarding the consequences of substance abuse.

‘CAUSE NOTHING BEATS FREEDOM.....

While considering the above slogan, ask yourself the following questions:

- ✚ Can you truly say “I have Freedom”, while “*missioning*” for your next hit?
- ✚ Can you truly say you are still enjoying true freedom when you are financially destroyed due to your addiction?
- ✚ Does your family live in freedom and fearless because of your addiction?
- ✚ Does it bring freedom to mind when you realise that your addiction will result in death, prison or institutionalising?
- ✚ Can you say with all honesty that you are living in Freedom, while struggling with addiction, losing everything you have ever worked, loved and cared for, as well as the demolishing of your dreams?

If you have answered “No” to any of these questions, then this is the Treatment Centre for you!

What are our Vision and our Passion?

Our vision is to contribute significantly towards a safe and prosperous Southern Africa through the Counselling and support to all parties involved in the network of addiction. All our staff and members are capacitated, trained and passionate with appropriate knowledge, skills and attitude to make a meaningful personal and/or professional contribution towards the quality of life the recovered substance abuser, his/her family and of resilient communities in Southern Africa. We develop drug awareness in our communities, provide counselling for the abuser as well as the family and are committed to the long-term healing process.

We believe in working smartly & and being focused, and above all, with compassion, whilst having fun and giving the addict a taste of the good life once again whilst doing it!

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Our Program

Objectives of the program

- ✚ Practical daily application of Christian principles and values to the best of our ability.
- ✚ Nurturing of talents and abilities.
- ✚ Comprehensive understanding of addiction.
- ✚ The importance of giving back to the community and family.
- ✚ Development of personal integrity and dignity.
- ✚ Realization of purpose and potential.
- ✚ Establishment of trust within the family circle.
- ✚ Re-establish the resident into the community through empowerment of a drug counselling course

Duration of the Program

We do believe in a Long-term rehabilitation program of a minimum of SIX months. We are serious about your recovery! We believe that one cannot recover in a short time span of 4-6 weeks! Substance abuse is only the fruit of a lifetime of pain and inner struggles that needs to be dealt with.

Why A Long Term Programme of 6 months?

LONG TERM TREATMENT	SHORT TERM TREATMENT
<p>Benefits Of A Holistic Approach:</p> <ul style="list-style-type: none"> ✚ Address Emotional Development ✚ Changing A Lifestyle Versus Changing A Habit ✚ Enhances Frustration Tolerance ✚ Time For Spiritual Development ✚ Pragmatic ✚ Social Development And Reintegration Into Society ✚ Identify Individual Behavioural Triggers ✚ Continual Family Support while In The Program ✚ Build Support Groups while In Rehab ✚ Better Success Rate of an Average of 75% ✚ A More Cost – Effective long term program at Freedom Recovery Centre will cost you ONLY R24000 for SIX Months! ✚ Monthly payments of R4000 per month available. 	<ul style="list-style-type: none"> ✚ Addresses Only Substance Abuse ✚ Changing A Drug Habit, not a life style ✚ Focusing Only On Drug Rehabilitation ✚ Too Short Time For Spiritual Development ✚ Non-pragmatic ✚ Too Short Time For Social Development And Reintegration Into Society ✚ Little Family Support ✚ Non-frustration Tolerance ✚ Low Percentage Success Rate! ✚ A Program Will Cost You from R18 0000 Up To R52000 for 3 -12 Weeks! ✚ Full Amount Payable Upfront.

The Key Components of a Holistic Approach:

Freedom Recovery Centre and its Stakeholders have compiled a program for the holistic treatment of the Substance Abuser.

Our Program Consists and provides the following:

A. Physical Treatment and Support

- ✚ Sport

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- ✚ Nutrition
- ✚ Medical Assistance
- ✚ Body Detoxification
- ✚ Natural Mental Health
- ✚ Gym
- ✚ Arts & Crafts
- ✚ Animal Therapy

B. Social Skills and Support

- ✚ Leisure time
- ✚ Recreation
- ✚ Outreach & Community Support
- ✚ Ten days and Weekend leave
- ✚ Monthly Organised Group Social Events like Ten Pin Bowling, Restaurants etc.
- ✚ Frequent visiting for Direct Family on weekends (approved by the Sponsor)

C. Emotional Healing and Support

- ✚ General Lifestyle as well as formal Counselling
- ✚ Drug Counselling
- ✚ Inner healing
- ✚ Personal Development
- ✚ Group Dynamics
- ✚ Counselling and Consultation with Psychologists, Psychiatrists may be arranged on request from Sponsors (Additional Cost)

D. Spiritual Development

- ✚ Church Attendance (English as well as Afrikaans Church)
- ✚ Praise and Worship
- ✚ Personal Development
- ✚ Cell groups
- ✚ Personal Devotional time
- ✚ Personal Witnessing at Schools, Churches, Radio Stations on invitation
- ✚ Bible School

E. Relationship Building and Support

- ✚ Family Reconciliation & Counselling
- ✚ Self Growth
- ✚ Family Visits
- ✚ Family Care and training days for Families

F. Education (*)

- ✚ Basic Education & Skills Development
- ✚ Secondary Education
- ✚ Further Education (Correspondence Courses in Hospitality, Small Business enterprises, Travel & Tourism, Catering etc)
- ✚ Bible School
- ✚ Art Classes
- ✚ Counselling Courses
- ✚ Mental Health and Addiction

(*) Please note that the above mentioned are available at an extra cost and will be presented where the need arises. Please note that the above mentioned concepts/keys of the program are subject to the need of our Residents at any given time

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Freedom Recovery Centre’s desire is to bring healing and restoration to the whole person through love, respects, and completes inner healing. Our classes are bilingual (English/Afrikaans) and are developed to change the person’s mindset and to change the resident into a new creation, by transforming the person through the renewing of the mind:

So here's what I want you to do, God helping you: Take your everyday, ordinary life—your sleeping, eating, going-to-work, and walking-around life—and place it before God as an offering. Embracing what God does for you is the best thing you can do for him. Don't become so well-adjusted to your culture that you fit into it without even thinking. Instead, fix your attention on God. You'll be changed from the inside out. Readily recognize what he wants from you, and quickly respond to it. Unlike the culture around you, always dragging you down to its level of immaturity, God brings the best out of you, develops well-formed maturity in you. Romans 12:1-2 (The Message)

SPORT AND RECREATION FOR RESIDENTS

- ✚ Gym
- ✚ Volleyball
- ✚ Soccer
- ✚ Rugby
- ✚ Table Tennis
- ✚ Darts
- ✚ Pool
- ✚ Other board games
- ✚ Game drives, fishing trips, hiking trips, etc. as scheduled by management

Valuable Information about our Program

- ✚ No Cellphones allowed at the Centre. Only Sponsors and Direct family allowed to phone after the initial two week period.
- ✚ Residents are not allowed to carry any cash. Tuck-shop money to be paid into the tuck-shop account
- ✚ After four weeks residents may have a daybreak under supervision of the sponsor/Direct Family
- ✚ After eight weeks, depending on progress, a resident may have a weekend out.
- ✚ Twelve weeks into the program the resident may be granted ten days leave – also depending on progress.

RULES AND REGULATIONS

General Rules and Regulations are available on request from the Centre.

FAMILY / SPONSOR SUPPORT & AFTER CARE

Freedom Recovery Centre offers full support to the families of residents. Residents are encouraged to reconcile with their families, so you are more than welcome to phone us for advice or make an appointment for family counselling. The centre will hold monthly parent’s retreats, where parents will be invited to join us for a Saturday of education, recreation and reconciliation.

On returning home, after completion of the programme, one remains vulnerable and precautions need to be taken. It is essential that one continue to live a life with routine and discipline. As soon as possible, one should partake in a working routine, join a fellowship and attend church. Positive support system, i.e. family, friends, etc. are important in offering support, giving constructive guidance and setting limits. Trust takes time to develop and one needs to be given space to prove themselves.

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Treating a person with a chemical substance abuse problem does not only involve keeping them substance free. It involves the gaining of insight into the severity of their problem and changing negative attitudes and behaviours. For many, these negative attitudes and behaviours have become a part of their lives for many years and change is a process that takes time.

Finally, one must be aware that relapse does not begin when a person begins drinking or using drugs again. It begins when a person starts to backslide in all areas above.

Freedom Recovery Centre works closely with support groups in the local cities to support our residents. As part of the after care program, the resident can become involved in his local community as a drug counsellor to help others in need.

After care groups & Counselling Centres we work with:

- ✚ H.E.A.L groups – Pretoria, Honeydew, Alberton & Boksburg
- ✚ ACT-UP – Pretoria
- ✚ REACH After Care – Boksburg, Brakpan, Springs & Benoni
- ✚ Mighty Wings Empowering Seminars & Care Group – Northcliff
- ✚ Extreme Buddies – Witbank & Pretoria
- ✚ Adopt A Drug Addict
- ✚ Coram Deo Counselling Centre & Parents Support
- ✚ Youth At Heart Youth Development & Counselling
- ✚ The Wellness Centres
- ✚ DAD – Disciples Against Drugs

CRITERIA FOR ADMISSION

A willingness of heart to change your life!!!

PROGRAM FEES

A. Drug and Alcohol Education Program

- | | | |
|-----------------------------|---|---|
| ✚ Monthly Cost | - | R4000 pm |
| ✚ Medical fund | - | R 1000 once Off (see note at Other costs) |
| ✚ Pocket money | - | At sponsor's discretion |
| ✚ Electrical appliances | - | see Other costs |
| ✚ Recreational & Art /Craft | - | see Other costs |
| ✚ Random drug tests | - | see Other costs |
| ✚ Bible School | - | see Other costs |
| ✚ Fine Arts | - | see Other costs |

B. Arts/Craft & Recreational Expenses

- ✚ Sponsors will be informed of any recreational activity planned and of the cost involved. This will include camping, game drives, fishing trips, hiking trips, etc.
- ✚ Most of the Art & Craft Expenses are covered in the Program fees, with exception the sponsor will be expected to pay.

C. Drug tests

- ✚ Random drug tests will be done and the cost thereof will be paid by the sponsor.

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D. Electrical appliances

- ✚ A cost of R40 per appliance per month will be levied. Residents are not allowed TV's, any electrical cooking appliances (electric stoves, microwaves, etc) or fridges. Residents may bring portable radios after 3 months on the program. Any other appliances can be confirmed with management. Fan Heaters will be levied at R60pm

E. Note on Medical fund

- ✚ Freedom Recovery Centre has incorporated the use of the medical fraternity, inclusive of a GP, medical sister, social worker, psychologist and psychiatrist, should the need be, or required from the sponsor or resident at the sponsors cost.

F. Bible School

- ✚ Registration: R250
Monthly installment: R150 per month.

G. Fine Arts

- ✚ On request we can offer classes in fine arts at R50 per session, once a week.

Banking Details:

Program Fees (This is a temporary Account)

Acc. name: DW Matthews

Acc no: 9101543005

Bank: ABSA

Reference: Applicant's Name and Surname

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APPLICATION FORM

Personal details:										
Surname:				First Name:						
ID No:				Date of Birth:						
Age:			Marital Status:	Single	Married	Divorced	Separated			
Residential Address:	-									
Suburb:						Postal code:				
Postal Address:	-									
Telephone - Home:					Fax No:					
Work:										
Cellular Number:										
Email address:										
Personal information:										
Previous rehabilitation treatment:										
Name of centre:				Times admitted(month/ year)			Time clean before each relapse:			
1)										
2)										
3)										
Drugs of choice:				Physical condition:						
	Total years drug use:						Poor - Yes / No			
	Using currently:	Yes / No					Average - Yes / No			
	In detox stage:	Yes / No					Excellent - Yes / No			
Court cases pending:										
Reason:	-									
Current/Previous occupation:				Trade:						
Qualifications:				Last employer:						
Hobbies:				Other skills:						
Church details:										
Name of Church:										
Pastor's name:										
Telephone number:					Fax No:					
Cellular Number:										
Next of Kin/Name:						Relationship:				
Next of Kin address:	-									
						Postal code:				
Telephone number:					Fax No:					
Cellular Number:										
Email address:										

Sponsors details:

Surname:		Relationship:		
First Name:				
Residential Address:				
Suburb:		Postal code:		
Postal Address:			Postal code:	
Telephone - Home:		Fax No:		
Work:				
Cellular Number:				
Email address:				

Please note: Applicant must bring his/her ID Book

I hereby acknowledge that all information provided in this application is true and honest.

Fee structure:

- Monthly programme fee - R 4,000 (pro rata applies in the first month and last month)
- Medical fees - R 1,000 (payment for medical, dental, drug tests and transport fees)
- Electrical appliances are charged at R 40 per month, heaters at R 70 per month.

Terms and Conditions of Admission

1. I agree to a drug/alcohol tests done on myself at any given time and the costs thereof will be carried by my Sponsor/ Parents. Weekly tests will be done.
2. I agree to have the following tests done, Hepatitis B, Syphilis, HIV/AIDS, and TB.
3. I have read the rules and bind myself thereto.
4. I give consent that photo's and pictures may be taken from me for advertising purposes of the centre.
5. Please note that residents will share rooms. Single rooms are not available.
6. I understand and agree, that if the resident I have admitted to FREEDOM RECOVERY CENTRE, absconds, or where I give permission that the person may be discharged before completion of the program or in the case that FREEDOM RECOVERY CENTRE expels the resident, I take full responsibility for any outstanding programme fees and/or any tuck shop expenses.
Should the parents wish to take the resident out of the programme before the completion of the 6 months

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a calendar months notice should be given in writing. Should the sponsor/ family fail to do the notice, they will be liable for the following month's expenses

7. Freedom Recovery Centre or Management will not be held responsible for the safe return of any possessions left behind and only sponsors can request for the clothing and items to be released if the resident absconds, is expelled or leaves, for any reason whatsoever before completing the programme.

8. Should I abscond, leave or be expelled, re admittance will be considered by the Directors or Management of Freedom Recovery Centre and can be refused depending on the circumstances. Refusal is at Freedom Recovery Centre's discretion.
If Freedom Recovery Centre decides to accept the resident back, whatever time period is completed will be forfeited.

9. Should the resident abscond, leave or be expelled, any programme fees paid will be forfeited.

10. Freedom Recovery Centre retains the right to adjust it's programme, contents or any part thereof according to the residents needs.

IT IS OUR DESIRE FOR YOU TO CHANGE YOUR LIFESTYLE AND HABITS THROUGH THE POWER OF JESUS CHRIST.

Applicants Name:

Applicants signature:

Date:

Sponsor's Name:

Sponsor's signature:

Date:

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Principal Member:	
Members ID No.	
Membership number:	
Residents dependency number:	
Status:	
Option:	

CHECK LIST OF THINGS TO BRING WITH

- Clothes for the appropriate season
- Bedding (including pillows)
- Towels
- Bible
- Shoes
- File (lever arch)
- Exam pads
- Pens
- Envelopes
- Sports equipment (racquets, etc) – optional
- Musical instrument(s) - optional
- ID documents
- Copy of ID
- Application forms
- Indemnity form
- Christian music and literature – optional
- Photo's of family
- Cosmetics etc (ladies)
- Require copy of medical aid card - front and back

*** Note: All clothing must be clearly marked**

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INDEMNITY FORM

I, _____ ID no: _____, sponsor/parent

of _____ ID no: _____, hereby indemnify

FREEDOM RECOVERY CENTRE against any responsibility from:

1. Any injury arising from recreational activities (hiking, etc.)
2. Any injury arising from sporting activities (rugby, basketball, volley ball, etc.)
3. Any items (clothing, appliances, etc) left behind should the resident abscond from the programme.
4. Any items (clothing, cd's, etc) confiscated during the programme. **(See rules and regulations)**

Signed on this _____ day of _____ 20__ at _____

Signature of Sponsor/Parent

Signature of Applicant